

**“Let’s talk about the
menopause”**

**MENOPAUSE
AWARENESS
FOR EVERYONE**



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COACHING AND CONSULTANCY

A one-off group session for everyone in the organisation

At the end of the session, participants will:

- know the basic menopause facts including what it is; the stages; what causes it; the symptoms
- understand what you can do to help yourself and others
- know where to go for reliable information and support
- know the importance of open and respectful conversation around the menopause

Target audience

- anyone in the organisation who is interested in finding out more
- those experiencing menopause themselves
- those providing support for colleagues, partner, family or friends

Format

- in person or online
- approx. 60 mins (depends if in person/online and if Q&A)

Facilitator - Kirsten Trussell